

FINAL 8 CIS MEN'S BASKETBALL CHAMPIONSHIP

8 FINALISTES

CHAMPIONNAT MASCULIN DE BASKETBALL DE SIC

2009

PRESENTED BY / PRÉSENTÉ PAR LÉ



hosted by / Présenté par



March 13 – 15, 2009
13 au 15 mars 2009
Ottawa, ON



IN ASSOCIATION WITH / EN COLLABORATION AVEC



Royal Canadian Mounted Police
Gendarmerie royale du Canada





For the best sports coverage
—It's a **slam dunk!**

OTTAWA CITIZEN.com

Your world. Your community. This minute.



Government of
Canada

Gouvernement du
Canada

Welcome to the 2009 Canadian Interuniversity Sport National Men's Basketball Championships.

Sport is a defining element of Canadian identity and cultivates such values as discipline, perseverance, teamwork, and fair play—values that help create great athletes, great students, and great citizens. These championships provide an excellent opportunity for the best Canadian university athletes to demonstrate their dedication and passion for the sport and hone their skills through competition. Their pursuit of excellence will earn them success in all areas of endeavour and ensure a bright future for basketball in Canada.

As Minister of State (Sport), I would like to thank Canadian Interuniversity Sport and all those who give our athletes a chance to have enriching experiences and make their mark on the national sports scene.

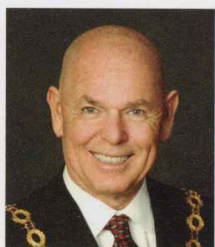
Bienvenue au Championnat national de basketball masculin 2009 de Sport interuniversitaire canadien.

Le sport est au cœur de l'identité canadienne. Il facilite l'apprentissage de la discipline, de la persévérance, du travail d'équipe et de l'esprit sportif, toutes des qualités qui aident à faire des athlètes, des étudiants et des citoyens accomplis. Ce championnat est une belle occasion pour nos meilleurs athlètes universitaires de montrer la détermination et la passion qui les animent, et de déployer leur talent en se mesurant les uns aux autres. Leur quête d'excellence leur servira toute leur vie durant, en plus d'assurer un bel avenir au milieu canadien du basketball.

À titre de ministre d'État (Sports), je tiens à remercier Sport universitaire canadien et tous ceux qui donnent la chance à nos athlètes de vivre des expériences enrichissantes et de faire leur marque sur la scène sportive nationale.

The Honourable / L'honorable Gary Lunn
Minister of State (Sport) / Ministre d'État (Sports)

Canada



Dear Families and Guests,

On behalf of the City of Ottawa, I am delighted to extend warm greetings to the many players, officials, fans and volunteers who are here to enjoy the 2009 CIS Men's Basketball Championship, hosted by the five-time champion Carleton Ravens.

Ottawa has a long tradition of hosting major sporting events, and we are delighted that our city is able to welcome you to experience the sights and sounds of this prestigious tournament.

I hope this event provides you with the opportunity to experience outstanding sportsmanship and you have a chance to experience everything that our beautiful city has to offer. I invite you to enjoy our many museums, shopping malls, restaurants and, of course, the great basketball action.

Ottawa is proud to be the capital of a G8 nation, filled with warm and hospitable residents. I am confident that you will enjoy your time here and that the organizers will operate a first class and exciting 2009 CIS Men's Basketball Championship.

We look forward to celebrating with you in Ottawa.

Mesdames et Messieurs, parents et amis,

C'est avec un immense plaisir que je souhaite la bienvenue aux nombreux joueurs, ainsi qu'aux officiels, aux partisans et aux bénévoles réunis à Ottawa à l'occasion du Championnat masculin de basketball de SIC 2009, organisé par les Ravens de Carleton, quintuples champions du titre.

Ottawa accueille depuis longtemps de grandes manifestations sportives. Nous sommes heureux que vous ayez la chance d'assister avec nous à ce championnat prestigieux où le basketball masculin sera à l'honneur.

J'espère que cet événement vous permettra de constater l'esprit sportif extraordinaire qui règne à Ottawa, et que vous saisissez l'occasion de découvrir tout ce que notre magnifique ville a à vous offrir. Je vous invite à profiter pleinement de nos nombreux musées, centres commerciaux et restaurants, sans rien manquer, bien sûr, des parties trépidantes que se disputeront les équipes dans le cadre du championnat.

Ottawa, une ville peuplée de gens chaleureux et accueillants, est fière de compter parmi les capitales du G8. Je suis persuadé que vous vivrez une expérience inoubliable à l'occasion du Championnat masculin de basketball de SIC 2009, et que les organisateurs vous réservent un événement sportif aussi grandiose que passionnant.

Nous sommes impatients de célébrer avec vous.

Larry O'Brien
Mayor of Ottawa / Le maire d'Ottawa



FOR THOSE WHO HAVE WHAT IT TAKES ON THE INSIDE - **RUSSELL** HAS WHAT IT TAKES ON THE OUTSIDE



R
RUSSELL

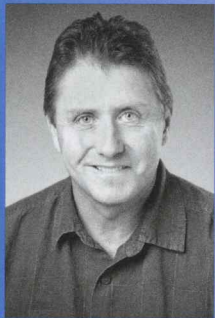
PROUD SUPPLIER & PARTNER

WWW.RUSSELLATHLETIC.CA





Canadian Interuniversity Sport
Sport interuniversitaire canadien



Mr. Dick White
CIS President/
Président de SIC

I am honoured to have the opportunity, on behalf of Canadian Interuniversity Sport and all 52 of our member universities, to welcome you to the 2009 CIS Men's Basketball Championship.

Over 10,000 student athletes compete each year for the right to represent their university in one of the 18 CIS Championships. We congratulate you on attaining this goal. We also thank each of you for the excitement you have provided us during the season and which I know you will provide to all of us during the course of these championship. It is our reward to watch you compete with such courage, dedication and talent.

CIS championships would not be possible without the considerable time and effort devoted to them by our host committees and institutions. CIS success depends heavily on volunteers who invest innumerable hours, talents and skills in preparing a championship event. To them we all owe our deepest gratitude. CIS Championships also allow the opportunity for alumni, parents, faculty, staff, students and our CIS corporate partners to share some time together and enjoy the competition. I welcome all of you and thank you for your support.

I wish for each of you an outstanding performance that you can take pride in. I know that all of you will take home warm memories and new friendships and will be richer for the experience you have gained through your efforts.

Let the celebration of excellence begin!

C'est pour moi un honneur de pouvoir, au nom de Sport interuniversitaire canadien et de ses 52 universités membres, de vous souhaiter la bienvenue au Championnat canadien 2009 de basketball masculin de SIC.

Vous êtes plus de 10000 étudiants et étudiantes athlètes au Canada, qui aspirent chaque année pouvoir représenter leur université à l'un ou l'autre des 18 championnats universitaires canadiens. Nous vous félicitons d'avoir atteint cet objectif exigeant. Nous voulons aussi vous remercier de vos efforts, qui tout au long de la saison et durant ce championnat, nous permettent d'apprécier des performances sportives de haut niveau. Il est stimulant de constater votre détermination, votre courage et votre talent.

Les championnats de SIC se réalisent grâce à l'investissement important en temps et en énergie des comités organisateurs et des universités d'accueil. À l'instar de nos homologues dans les autres disciplines de sport amateur au Canada, ces événements peuvent se concrétiser qu'avec l'apport généreux de nombreux bénévoles. Nous tenons à leur témoigner notre reconnaissance. Les championnats nationaux mobilisent les parents, les anciens et anciennes, le personnel, les étudiants et étudiantes et les partenaires d'affaires de SIC autour d'un événement où passion et plaisir s'harmonisent. Nous les remercions et leur souhaitons la plus cordiale bienvenue.

Je souhaite à tous et à toutes de connaître un championnat où vous réussirez une performance personnelle inégalée. Vous avez l'occasion de vivre une expérience unique, qui va sans doute vous enrichir de nouvelles amitiés et d'inoubliables souvenirs. Une belle récompense pour vos sacrifices et vos efforts soutenus depuis plusieurs années.

Que la fête de l'excellence débute !



Welcome to Canada's Capital!

On behalf of the entire CIS Final 8 hosting committee we extend a very warm welcome to the student athletes, coaches and fans to the city of Ottawa and Scotiabank Place for the 2009 Canadian Interuniversity Sport Men's National Basketball Championship, presented by Milk.

We would like to thank the CIS Final 8 committee members and volunteers for their hard work and dedication in preparing for this tournament over the past several months. The 47th edition of the W.P. McGee trophy will be presented to this year's CIS champion on Sunday afternoon. With much anticipation, we await the creation of new memories. After 24 successful years in Halifax, we are delighted to be adding our piece of history to Canadian collegiate basketball here in the nation's capital.

Whether this is your first visit to Scotiabank Place or have been among the vibrant crowd for an Ottawa Senators' NHL game, an exciting concert or the MBNA Capital Hoops Classic, we hope your visit will be an enjoyable one.

Sincerely,

Jennifer Brenning
Chair/Présidente Jennifer Brenning

Bienvenue dans la capitale du Canada!

Au nom de tous les membres du comité hôte des 8 finalistes de SIC, nous souhaitons la plus cordiale bienvenue à tous les étudiants-athlètes, entraîneurs et amateurs à Ottawa et à la Place Banque Scotia, pour le Championnat masculin de basket-ball 2009 de Sport interuniversitaire canadien, présenté par le Lait.

Nous désirons remercier les membres et les bénévoles du comité hôte des 8 finalistes de SIC pour leur travail et leur dévouement au cours des derniers mois afin de préparer ce tournoi. La 47^e édition de la présentation du trophée W.P. McGee, qui sera remis aux champions 2009 de SIC, aura lieu dimanche après-midi. Nous attendons avec impatience de nouveaux moments inoubliables. Après 24 années couronnées de succès à Halifax, nous sommes ravis de pouvoir contribuer à l'histoire du basket-ball universitaire canadien ici dans la capitale nationale.

Qu'il s'agisse de votre première visite à la Place Banque Scotia ou que vous avez déjà vécu l'expérience d'une foule enthousiaste lors d'un match de la LNH des Sénateurs d'Ottawa, d'un excitant concert ou pendant la Classique de basket-ball de la capitale MBNA, nous vous souhaitons d'en profiter pleinement et d'avoir du plaisir.

Cordialement,

Cyril Leeder
Vice Chair/Vice-président



Jennifer Brenning

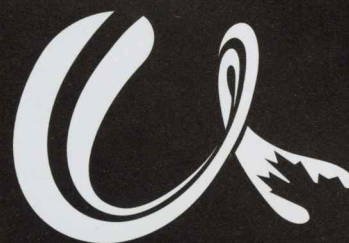


Cyril Leeder



2009 Mitsubishi Lancer GTS

PROUD SPONSOR OF
CIS CHAMPIONSHIPS



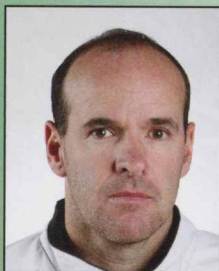
Canadian Interuniversity Sport
Sport interuniversitaire canadien



Visit www.mitsubishi-motors.ca
for more details



* Whichever comes first. Regular maintenance not included. New Vehicle Limited Warranty covers most vehicle parts under normal use and maintenance. ** Best Backed claim based on competitors' information for 08/09 vehicles (Lancer Ralliart and Evolution excluded from Best Backed claim). See dealer or Mitsubishi-Motors.ca for Warranty and Roadside Assistance terms and conditions and other details. Important program restrictions apply and not all customers will qualify. See participating dealer for Education Edge terms & conditions. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license.



Staff

Head Coach:	Dave Smart (10 th season)
Assistant Coaches:	Robert Smart jr, Mark McMahon, Dean Petridis, Shawn McCleery
Manager:	Aaron Blakely
Therapist:	Bruce Marshall



Front Row: Kyle Vezzaro (Manager), Stu Turnbull, Rob Saunders, Eliot Thompson, Derek McConnery, Kevin Churchill, Bruce Marshall (Therapist), Dave Smart (Head Coach)
Middle Row: Rob Smart jr (Assistant Coach), Mark McMahon (Assistant Coach), Ben Ryan (Manager), Jesse Duodo, Anthony Ashe, Cole Hobin, Aaron Doornekamp, Luke Chapman, Mike Kenny, Gael Kanza. **Third Row:** Aaron Blakeley (Manager), Dean Petridis (Assistant Coach), Dominique Lubin, Aaron Chapman, Kevin McCleery, Dan Penner, Kyle Smendziuk, Nathaniel Timm, Shawn McCleery (Assistant Coach).

Carleton University Ravens

#	Name	Position	Ht.	Elig.	Program	Hometown
3	Mike Kenny	Guard	6'0	3rd Year	Arts	Ottawa
10	Eliot Thompson	Guard	6'3	2nd Year	Science	Fredericton, NB
11	Dan Penner	Forward	6'7	1st Year	Arts	Winnipeg, MB
13	Stuart Turnbull	Guard	6'2	5th Year	Commerce	Kingston, ON
15	Kyle Smendziuk	Forward	6'6	1st Year	Aero. Eng.	Kanata, ON
21	Derek McConnery	Forward	6'5	3rd Year	Env. Studies	Ottawa, ON
22	Cole Hobin	Guard	6'6	2nd Year	Criminology	Ashton, ON
23	Anthony Ashe	Guard	6'4	1st Year	Env. Studies	Stitsville, ON
31	Luke Chapman	Guard	6'4	3rd Year	Env. Studies	Bloomfield, ON
33	Robert Saunders	Guard	6'3	5th Year	Elec. Eng.	Kingston, ON
41	Kevin Churchill	Forward	6'6	1st Year	Humanities	Toronto, ON
42	Aaron Doornekamp	Forward	6'6	5th Year	Business	Odessa, ON
43	Aaron Chapman	Forward	6'8	2nd Year	Arts	Bloomfield, ON
45	Kevin McCleery	Forward	6'8	4th Year	Law	Ottawa, ON

Regular Season Individual Statistics

Player	GP	Min	MPG	FG		3P FG		FT		Pts	PPG	Reb			RPG	Ast	PF	To	Stl	Blk
				M/A	%	M/A	%	M/A	%			O	D	Tot						
Ashe	21	126	6.0	24/54	44.4	16/32	50.0	3/6	50.0	67	3.2	4	13	17	0.8	6	22	14	4	2
A. Chapman	20	253	12.7	16/51	31.4	0/1	0.0	17/28	60.7	49	2.5	21	43	64	3.2	17	40	17	8	2
L. Chapman	19	173	9.1	19/36	52.8	17/33	51.5	4/5	80.0	59	3.1	8	20	28	1.5	8	17	6	5	1
Doornekamp	21	548	26.1	102/205	49.8	26/52	50.0	75/95	79.0	303	14.4	48	98	146	7.0	74	43	23	23	3
Hobin	22	451	20.5	51/132	38.6	17/65	26.2	26/42	61.9	145	6.6	32	46	78	3.6	24	47	32	29	8
Kenny	22	526	23.9	76/140	54.3	63/117	53.8	29/34	85.3	244	11.1	18	39	57	2.6	50	46	26	24	0
McCleery	22	471	21.4	124/211	58.8	0/2	0.0	43/60	71.7	291	13.2	41	85	126	5.7	19	69	19	14	4
McConnery	12	52	4.3	9/14	64.3	0/0	0.0	7/12	58.3	25	2.1	6	8	14	1.2	6	5	3	1	0
Penner	7	37	5.3	8/15	53.3	0/0	0.0	2/3	66.7	18	2.6	4	5	9	1.3	1	4	2	3	2
Saunders	22	554	25.2	55/130	42.3	31/77	40.3	33/46	71.7	174	7.9	31	57	88	4.0	39	67	36	18	9
Smendziuk	22	255	11.6	37/66	56.1	0/0	0.0	18/29	62.1	92	4.2	27	34	61	2.8	5	41	19	8	1
Thompson	22	344	15.6	40/110	36.4	21/59	35.6	24/33	72.7	125	5.7	20	35	55	2.5	19	23	12	11	1
Turnbull	22	616	28.0	118/285	41.4	44/117	37.6	88/111	79.3	368	16.7	34	77	111	5.1	60	35	47	27	8



CANADA
BASKETBALL

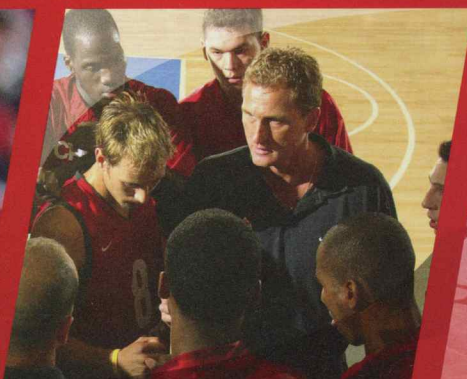
YOUR SOURCE FOR EVERYTHING BASKETBALL!



...❖ **Elite Development**

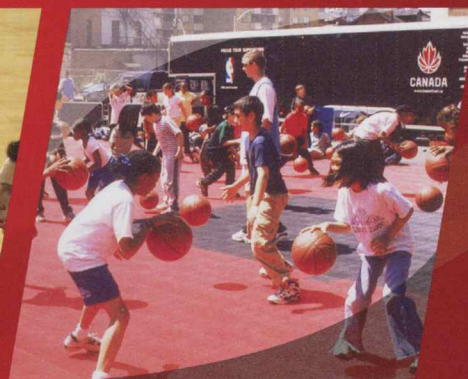
Creating the pathways to excellence for players and coaches who will compete for Canada's National Teams.

Steve Nash - Team Canada Captain
and 2-time NBA MVP



...❖ **Coaching Development**

Offering age/stage appropriate coaching resources and certification.



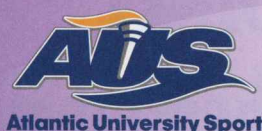
...❖ **Basketball Development**

Building programs for all Canadians to have fun, fitness and fulfillment through basketball.

Check out  **BASKETBALL.CA**

for the latest news, blogs, trivia, video logs,
photos and much more.

One Game. One Nation. 100% Canadian.



Dalhousie University Tigers

AUS Champions



Staff	
Head Coach:	John Campbell (7th year)
Assistant Coaches:	David Nutbrown, Chad Wadden, Jay Williams
Mental Skills Coach:	Dr. John McCabe
Strength & Conditioning:	Darren Steves and Drew Stratton
Trainers:	Maria Dinney, Jess Nichols, Moncia Uhlich



Back Row, L-R: Chad Wadden (Assistant Coach), David Nutbrown (Assistant Coach), Robert Nortmann, Jason Wang, Joseph Schow, Tim Coote, Sandy Veit, Germain Bendegue, John Campbell (Head Coach), Maria Dinney (Trainer), Jess Nichols (Trainer)
Front Row, L-R: Josh Beattie, Nick Flynn, Simon Farine, Galen Enlow, Stephen Lopez, Yannick Walcott **Missing:** Andrew Sullivan, Jay Williams (Assistant Coach), Dr. John McCabe (Mental Skills), Monica Uhlich (Trainer), Darren Steeves (Strength & Conditioning), Drew Stratton (Strength and Conditioning)

Dalhousie University Tigers							
#	Name		Position	Ht.	Elig.	Hometown	
4	Simon	Farine	Guard	6'2	3	Toronto	ON
6	Nick	Flynn	Guard	6'3	1	St.Catharines	ON
7	Galen	Enlow	Forward	6'3	1	Toronto	ON
8	Jason	Wang	Forward	6'7	2	Ottawa	ON
9	Tim	Coote	Forward	6'9	1	Bridgewater	NS
10	Robert	Nortmann	Forward	6'6	2	Nassau, Bahamas	
11	Yannick	Walcott	Guard	6'4	2	Toronto	ON
12	Josh	Beattie	Guard	6'4	2	Bedford	NS
14	Sandy	Veit	Forward	6'8	3	Mississauga	ON
15	Germain	Bendegue	Forward	6'6	5	Yaounde, Cameroon	
21	Joseph	Schow	Forward	6'9	4	Medicine Hat	AB
22	Stephen	Lopez	Guard	6'1	2	Toronto	ON
23	Andrew	Sullivan	Guard	6'0	4	Riverview	NB

Regular Season Individual Statistics

#	Player	GP-GS	MPG	FG		3FG		FT		Off	Def	Tot	Avg	A	TO	Blk	Stl	Pts	Avg
04	Farine	31-29	35.3	204-434	.470	47-114	.412	161-220	.732	21	163	184	5.9	125	85	3	63	616	19.9
12	Beattie	31-29	26.8	163-342	.477	49-106	.462	34-47	.723	35	94	129	4.2	25	39	1	25	409	13.2
15	Bendegue	31-29	27.8	125-295	.424	0-0	.000	72-125	.576	90	163	253	8.2	26	55	37	31	322	10.4
23	Sullivan	31-29	30.1	92-236	.390	40-121	.331	50-62	.806	14	76	90	2.9	160	71	2	32	274	8.8
11	Walcott	31-2	18.9	67-174	.385	27-73	.370	59-85	.694	18	43	61	2.0	39	29	4	28	220	7.1
14	Veit	20-16	20.5	57-105	.543	0-2	.000	15-30	.500	36	63	99	5.0	14	25	3	8	129	6.5
22	Lopez	25-0	18.1	44-119	.370	7-27	.259	26-46	.565	27	44	71	2.8	28	40	1	21	121	4.8
10	Nortman	28-6	14.9	33-74	.446	0-1	.000	14-25	.560	30	52	82	2.9	13	22	11	10	80	2.9
06	Flynn	24-0	6.6	19-57	.333	7-25	.280	9-16	.563	5	12	17	0.7	12	11	0	6	54	2.3
08	Wang	28-5	10.8	17-45	.378	0-0	.000	17-35	.486	24	27	51	1.8	5	21	1	9	51	1.8
07	Enlow	22-0	4.5	11-27	.407	3-9	.333	11-15	.733	4	13	17	0.8	6	13	2	8	36	1.6
09	Coote	20-0	3.7	7-16	.438	0-0	.000	2-2	1.000	4	7	11	0.6	3	5	2	3	16	0.8

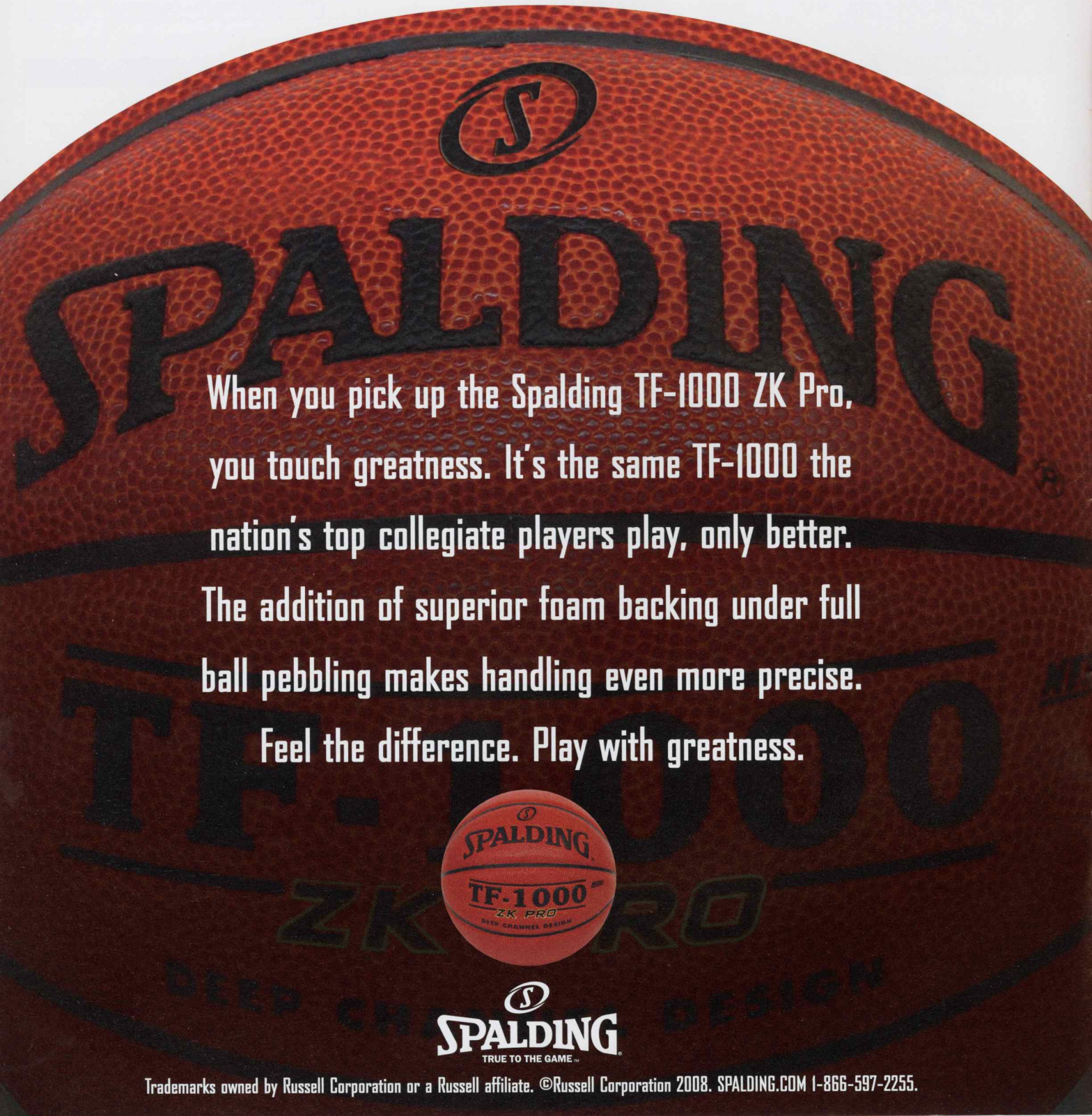


SPALDING®

is the official basketball of



Canadian Interuniversity Sport
Sport interuniversitaire canadien




When you pick up the Spalding TF-1000 ZK Pro,
you touch greatness. It's the same TF-1000 the
nation's top collegiate players play, only better.

The addition of superior foam backing under full
ball pebbling makes handling even more precise.

Feel the difference. Play with greatness.




SPALDING
TRUE TO THE GAME™

Trademarks owned by Russell Corporation or a Russell affiliate. ©Russell Corporation 2008. SPALDING.COM 1-866-597-2255.



SPORT ÉTUDIANT

Concordia University Stingers

QSSF Champions



Staff	
Head Coach:	John Dore
Associate Head Coach:	Ernie Rosa
Assistant Coaches:	David Bloom, Emerson Thomas
Student Therapists:	Daniel De Palma, Caitlin Dodd
Manager:	Hannah Lusthaus
Strength Coach:	Sean Christensen



Front row (l to r): Caitin Dodd (student therapist), head coach John Dore, Adam Carneol, Decee Krah, Levi Vann, Pierre Thompson, Damian Buckley, Dwayne Buckley, Daniel De Palma (student therapist), Hannah Lusthaus (team manager). **Back row (l to r):** Associate head coach Ernie Rosa, Carl Toussaint, Evens Laroche, Sebastien Martin, James Clark, Kafil Eytayo, Jamal Gallier, Desmond Murphy, Stanley Guillaume, assistant coach Emerson Thomas, assistant coach David Bloom. Not pictured: Hamza Ruhezamihigo

Concordia University Stingers

#	Name		Pos.	Ht.	Wt.	Elig.	Hometown
4	Decee	Krah	G	5'11"	170	2	Hamilton
5	James	Clark	F	6'6"	220	2	Toronto
7	Pierre	Thompson	G	5'10"	179	4	Brampton, Ont.
8	Damian	Buckley	PG	6'1"	167	4	Montreal
9	Levi	Vann	G	5'10"	186	5	Bryan, Texas
10	Dwayne	Buckley	G	6'3"	173	5	Montreal
11	Hamza	Ruhezamihigo	PG/SH	6'3"	182	4	Bujumbura, Burundi
12	Jamal	Gallier	C	6'7"	270	5	Toronto
13	Desmond	Murphy	C	6'6"	241	3	Beaconsfield, Que.
14	Sebastien	Martin	F	6'3"	211	3	Granby, Que.
15	Adam	Carneol	SG	6'3"	188	1	Los Angeles, Calif.
21	Kafil	Eytayo	C	6'5"	184	1	Cocody, Ivory Coast
23	Evens	Laroche	F	6'4"	180	1	Montreal
RS	Carl	Toussaint	G	6'0"	179	1	Lake Worth, Fla.
RS	Stanley	Guillaume	F	6'4"	197	1	Port-Au-Prince, Haiti

Regular Season Individual Statistics

#	Player	GP	GS	MPG	Pts	Avg	FG			3-FG			FT			Reb				A	TO	Blk	Stl
							FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg				
08	Damian Buckley	16	8	34.4	309	19.3	101	205	.493	24	58	.414	83	104	.798	15	70	85	5.3	81	47	3	56
10	Dwayne Buckley	16	8	33.9	199	12.4	67	180	.372	18	59	.305	47	76	.618	16	64	80	5.0	40	38	9	23
23	Evens Laroche	12	1	22.3	142	11.8	58	98	.592	2	6	.333	24	36	.667	18	49	67	5.6	11	26	3	17
04	Decee Krah	16	2	18.5	156	9.8	47	107	.439	31	69	.449	31	44	.705	5	28	33	2.1	16	28	3	31
12	Jamal Gallier	16	8	25.3	143	8.9	62	123	.504	0	1	.000	19	40	.475	36	83	119	7.4	12	27	16	10
11	Hamza Ruhezamihigo	10	1	14.4	58	5.8	22	57	.386	13	41	.317	1	2	.500	4	17	21	2.1	12	13	0	11
14	Sebastien Martin	16	6	16.1	84	5.3	31	54	.574	1	6	.167	21	41	.512	26	22	48	3.0	5	8	4	5
07	Pierre Thompson	16	3	16.2	71	4.4	22	73	.301	12	38	.316	15	23	.652	9	8	17	1.1	13	24	0	11
05	James Clark	16	1	11.8	64	4.0	27	69	.391	0	3	.000	10	20	.500	13	12	25	1.6	5	24	7	5
15	Adam Carneol	12	0	9.7	26	2.2	9	46	.196	6	30	.200	2	2	1.000	8	8	16	1.3	4	8	1	4
09	Levi Vann	5	2	12.6	9	1.8	3	14	.214	3	14	.214	0	0	.000	1	1	2	0.4	0	3	0	2
13	Desmond Murphy	14	0	4.6	9	0.6	2	7	.286	0	0	.000	5	13	.385	2	8	10	0.7	1	2	1	2
22	Brent Clancy	2	0	1.0	0	0.0	0	0	.000	0	0	.000	0	0	.000	0	0	0	0.0	0	1	0	0
21	Kafil Eytayo	9	0	0.9	0	0.0	0	8	.000	0	2	.000	0	0	.000	1	1	2	0.2	1	2	1	0



RADIO

106.9
FM

WHERE

ROCK

LIVES

www.virginradio.ca


Astral Media



University of Calgary Dinos

CWUAA Champions



Staff	
Head Coach:	Dan Vanhooren
Assistant Coaches:	Craig Anderson, Brian Finniss
Shooting Coach:	Dave Love
Strength & Conditioning Coach:	Ken Wong
Manager of Operations:	Dean McCord



Back Row: Josh Lovestone, Dominyc Coward, Ross Bekkering, Tyler Fidler, Dustin Reding, Henry Bekkering, Robbie Sihota. **Middle Row:** Andy Rochon, Lindsay Thouret, Jordan Flagel, Tony Dhaliwal, Brennen Fule, Jamie McLeod, Trevor Debolt. **Front Row:** Jose Jimenez (athletic therapist), Dave Love (asst. coach), Craig Anderson (asst. coach), Brian Finniss (asst. coach), Dan Vanhooren (head coach), Dean McCord (manager), Ken Wong (strength & conditioning coach), Anton Joseph (asst. coach)

University of Calgary Dinos						
#	Name	Pos.	Ht.	Wt.	Yr.	Hometown
3	Tony Dhaliwal	PG	6-3	190	3	Abbotsford, B.C.
4	Lindsay Thouret	G	6-2	190	4	Cranbrook, B.C.
5	Brennen Fule	PG	6-2	185	2	Strathmore, Alta.
13	Jamie McLeod	G	6-0	175	4	Calgary
14	Jordan Flagel	G	6-2	203	2	Calgary
15	Henry Bekkering	F	6-6	240	5	Taber, Alta.
20	Trevor Debolt	G	6-3	175	1	Calgary
21	Dustin Reding	G/F	6-7	210	2	Calgary
22	Andy Rochon	G	5-10	180	1	Mundelein, Ill., USA
24	Tyler Fidler	G	6-9	200	2	Calgary, Alta.
31	Robbie Sihota	F	6-6	225	4	Calgary, Alta.
33	Ross Bekkering	F	6-8	225	4	Taber, Alta.
35	Josh Lovestone	F	6-5	210	4	Salmon Arm, B.C.
42	Dominyc Coward	F	6-6	220	1	Airdrie, Alta.

Regular Season Individual Statistics

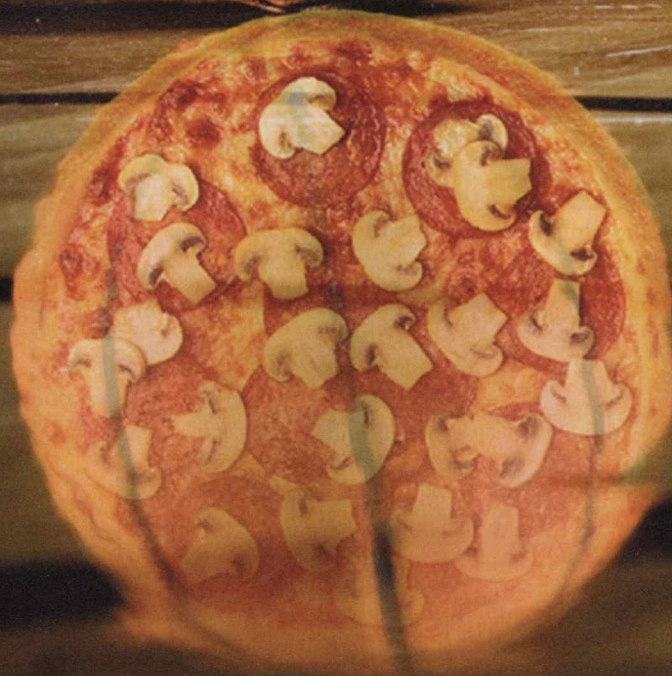
#	Player	GP	MPG	Pts	Avg	FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	PF	FO	A	TO	Blk	Stl
15	Henry Bekkering	18	31.3	364	20.2	126	266	.474	30	81	.370	82	121	.678	37	82	119	6.6	37	0	48	55	9	16
31	Robbie Sihota	22	30.7	364	16.5	133	271	.491	15	41	.366	83	111	.748	47	109	156	7.1	42	1	30	44	11	24
33	Ross Bekkering	22	29.5	338	15.4	110	193	.570	8	25	.320	110	155	.710	75	153	228	10.4	53	2	44	78	29	22
24	Tyler Fidler	22	28.4	305	13.9	100	204	.490	32	78	.410	73	89	.820	19	86	105	4.8	53	0	57	58	18	39
42	Dominyc Coward	20	14.1	127	6.4	50	85	.588	1	3	.333	26	43	.605	21	50	71	3.6	50	1	15	30	10	13
13	Jamie McLeod	22	23.2	101	4.6	35	92	.380	15	51	.294	16	25	.640	21	50	71	3.2	48	0	89	50	3	22
22	Andy Rochon	22	17.2	90	4.1	31	83	.373	17	45	.378	11	18	.611	7	31	38	1.7	42	1	30	32	2	15
21	Dustin Reding	19	6.2	50	2.6	19	35	.543	5	10	.500	7	11	.636	8	7	15	0.8	18	0	4	9	1	6
04	Lindsay Thouret	21	11.2	40	1.9	11	55	.200	7	31	.226	11	16	.688	10	14	24	1.1	19	0	14	27	0	4
20	Trevor Debolt	9	4.3	12	1.3	5	11	.455	2	7	.286	0	0	.000	0	2	2	0.2	0	0	7	2	0	3
14	Jordan Flagel	6	5.3	8	1.3	3	7	.429	0	1	.000	2	6	.333	1	2	3	0.5	2	0	5	2	0	1
05	Brennen Fule	20	0	18	0.9	6	32	.188	2	20	.100	4	10	.400	8	14	22	1.1	18	0	15	13	0	10
03	Tony Dhaliwal	20	1	17	0.9	6	25	.240	3	16	.188	2	4	.500	5	11	16	0.8	6	0	12	12	0	5

SLAM DUNK YOUR HUNGER!



**VISIT US AT
CONCESSIONS**

official pizza of





University of Western Ontario Mustangs

OUA Silver Medal



Staff	
Head Coach:	Bradley Campbell (3rd year)
Assistant Coaches:	Matt Tweedie, John Curcio
Graduate Assistant Coach:	Michael Capobianco
Strength & Conditioning Coach:	Jeff Watson
Manager:	Quinn McDonell-Gordon
Trainers:	Luke Cruickshank & Jason Smith
Media Relations/Sports Information:	Andy Watson



Back Row: Alumni Relations Assistant Renee Mahoney, Trainer Jason Smith, Assistant Coach Matt Tweedie, Josh Windsor, Garrett Olexiuk, Mike Folker, Colin LaForme, Keenan Jeppesen, Brad Smith, Andrew Wedemire, Alex Brzozowicz, Trainer Luke Cruickshank, Manager Quinn McDonell-Gordon, Graduate Assistant Michael Capobianco, Head Coach Bradley Campbell, Assistant Coach John Curcio

Front Row: Glenn Gravengard, Brett Lawrence, Jordan Smith, Matt Curtis, Ryan Barbeau

University of Western Ontario Mustangs						
#	Name	Position	Ht.	Year	Program	Hometown
4	Matthew Curtis	Guard	6'0	5	Biology	Hamilton, ON
5	Brett Lawrence	Guard	6'0	3	Political Science	Welland, ON
6	Jordan Smith	Guard	6'0	3	Social Science	London, ON
7	Glenn Gravengard	Guard	6'0	1	Social Science	Vancouver, BC
8	Keenan Jeppesen	Forward	6'7	4	Economics	Stoney Creek, ON
9	Alex Brzozowicz	Guard	6'2	4	HBA	Chicago, Ill
11	Andrew Wedemire	Forward	6'6	3	Health Sciences	Sarnia, ON
12	Colin LaForme	Forward	6'10	5	Geography	Hamilton, ON
14	Garrett Olexiuk	Forward	6'7	2	English	Burlington, ON
15	Bradley Smith	Forward	6'6	5	Philosophy	Churchill, ON
20	Ryan Barbeau	Guard	5'10	2	Social Science	Belleville, ON
22	Jason Milliquet	Guard	6'0	4	Social Science	Sarnia, ON
	Josh Windsor	Guard	6'4	1	Social Science	Hamilton, ON

Regular Season Individual Statistics

Player	GP	Min	MPG	FG		3P FG		FT		Pts	PPG	Reb			RPG	Ast	PF	To	Stl	Blk
				M/A	%	M/A	%	M/A	%			O	D	Tot						
Barbeau	21	427	20.3	53/107	49.5	12/25	48.0	33/36	91.7	151	7.2	8	39	47	2.2	29	34	25	13	1
Brzozowicz	22	602	27.4	78/170	45.9	57/135	42.2	15/22	68.2	228	10.4	14	54	68	3.1	22	47	17	37	14
Curtis	22	668	30.4	53/154	34.4	15/73	20.6	22/45	48.9	143	6.5	11	64	75	3.4	124	44	38	43	1
Folker	6	24	4.0	0/1	0.0	0/0	0.0	1/2	50.0	1	0.2	3	1	4	0.7	2	3	5	0	0
Gravengard	6	29	4.8	2/7	28.6	2/5	40.0	0/0	0.0	6	1.0	2	2	4	0.7	2	1	2	0	0
Jeppesen	22	669	30.4	125/276	45.3	14/63	22.2	87/124	70.2	351	16.0	48	151	199	9.1	64	29	61	30	14
Laforme	21	356	17.0	42/112	37.5	0/4	0.0	23/46	50.0	107	5.1	39	78	117	5.6	17	41	27	10	13
Lawrence	14	80	5.7	7/19	36.8	4/11	36.4	4/6	66.7	22	1.6	1	5	6	0.4	7	5	5	1	1
Milliquet	14	125	8.9	11/33	33.3	5/22	22.7	3/7	42.9	30	2.1	1	7	8	0.6	4	6	11	2	1
Olexiuk	22	387	17.6	48/101	47.5	1/10	10.0	25/37	67.6	122	5.6	32	48	80	3.6	26	53	29	13	6
B. Smith	22	535	24.3	150/341	44.0	27/64	42.2	75/112	67.0	402	18.3	60	83	143	6.5	26	56	51	11	10
J. Smith	10	38	3.8	0/6	0.0	0/1	0.0	2/5	40.0	2	0.2	2	7	9	0.9	1	3	4	3	0
Wedemire	22	419	19.1	87/165	52.7	6/27	22.2	44/60	73.3	224	10.2	43	55	98	4.5	17	54	27	17	9
Windsor	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Calling all hockey fans.



Get all the NHL® action on your phone with **Unlimited NHL™**, exclusively from Bell.

- Watch video highlights
- Listen to all NHL games live
- Watch select games live with NHL® Centre Ice Mobile™⁽¹⁾
- Download NHL ringtones and wallpapers
- Get official real-time text alerts

Now available as part of the Smartphone Combo plans.

Text NHL to 4040 or visit bell.ca/NHLmobile



Bell being a fan
just got
better

Available with compatible devices within Bell Mobility high speed mobile coverage areas. Unlimited NHL bundle available in addition to a Bell Mobility monthly plan as a standalone feature or as part of the Fun 25 bundle, Smartphone Combo plans or select data plans and Smart bundles. Data charges apply if you do not subscribe to a data plan or Unlimited Mobile Browser and fees apply for roaming when outside your local area. Content subject to change and black-out periods may apply without notice. Limited content with certain devices, while roaming and during off season. Service subject to change without notice. Taxes extra. Other monthly fees, i.e., e9-1-1 (75c), system access (not a government fee: \$8.95), and one-time device activation (\$35) apply. Other conditions apply; see bell.ca/NHLmobile.
(1) Not available with Canadian teams or games. Blackout and other restrictions apply. NHL and the NHL Shield are registered trademarks and Unlimited NHL, Centre Ice Mobile and NHL Mobile are trademarks of the National Hockey League. All NHL logos and marks and NHL team logos and marks depicted herein are the property of the NHL and the respective teams and may not be reproduced without the prior written consent of NHL Enterprises, L.P. Images and logos: ©NHL 2009. All rights reserved. ©NHLPA, NHLPA, National Hockey League Players' Association and the NHLPA logo are trademarks of the NHLPA and are used under license by Bell Mobility Inc.



University of British Columbia Thunderbirds

CWUAA Silver Medal



Staff	
Head Coach:	Kevin Hanson, 9th season
Assistant Coaches:	Dahman Boudraa, James Derouin, Jordan Yu, Randy Nohr, Vern Knopp
Athletic Trainers:	Jane Wong, Kymberly McDonald



Back row (L to R): Kevin Hanson (head coach), James Derouin, Randy Nohr, Matt Rachar, Balraj Bains, Bryson Kool, Brent Malish, Vern Knopp, Dahman Boudraa, Jordan Yu, Kymberly McDonald

Front Row (L to R): Kyle Watson, Alex Murphy, Nathan Yu, Brett Leversage, Chris Dyck, Josh Whyte, Blain LaBranche, Akeem Pierre, Graham Bath

University of British Columbia Thunderbirds

#	Name	Pos.	Ht.	Wt.	Elig.	Hometown
04	Josh Whyte	G	6-3	190	3	Calgary, AB
05	Blain LaBranche	G	6-4	180	4	Edmonton, AB
06	Akeem Pierre	G	5-11	185	1	Richmond, BC
07	Alex Murphy	G	6-2	190	3	Richmond, BC
08	Chris Dyck	G	6-3	195	5	Winnipeg, MB
09	Brent Malish	F	6-6	205	3	Langley, BC
10	Brett Leversage	G	6-0	175	4	Delta, BC
11	Kyle Watson	G	6-6	190	4	Richmond, BC
12	Bryson Kool	F	6-8	240	5	Pitt Meadows, BC
13	Graham Bath	F	6-5	225	2	Langley, BC
14	Matt Rachar	G	6-7	210	5	Burnaby, BC
15	Nathan Yu	G	6-2	190	2	Prince George, BC
16	Balraj Bains	F	6-9	200	2	North Delta, BC

Regular Season Individual Statistics

#	Player	GP	MPG	Pts	Avg	FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	OR	DR	Tot	Avg	PF	FO	A	TO	Blk	Stl
08	Chris Dyck	22	25.4	307	14.0	109	277	.394	40	124	.323	49	59	.831	15	83	98	4.5	37	0	54	49	4	38
04	Josh Whyte	21	25.6	290	13.8	100	204	.490	15	42	.357	75	100	.750	29	46	75	3.6	46	0	103	46	2	39
05	Blain LaBranche	23	20.2	261	11.3	79	184	.429	40	104	.385	63	76	.829	13	36	49	2.1	29	0	42	42	5	16
09	Brent Malish	23	20.6	200	8.7	75	162	.463	25	66	.379	25	37	.676	30	105	135	5.9	58	2	14	33	14	12
14	Matt Rachar	23	21.4	190	8.3	76	155	.490	1	9	.111	37	64	.578	43	86	129	5.6	64	1	22	37	12	29
12	Bryson Kool	23	20.3	172	7.5	68	138	.493	0	0	.000	36	60	.600	41	84	125	5.4	53	0	14	27	27	10
15	Nathan Yu	23	14.8	150	6.5	56	123	.455	25	63	.397	13	19	.684	15	13	28	1.2	30	0	23	23	4	18
11	Kyle Watson	19	17.1	118	6.2	41	79	.519	8	23	.348	28	38	.737	24	51	75	3.9	42	0	19	22	2	27
07	Alex Murphy	23	17.5	108	4.7	32	88	.364	4	26	.154	40	55	.727	6	38	44	1.9	28	0	67	37	1	15
13	Graham Bath	19	10.1	72	3.8	27	50	.540	0	1	.000	18	23	.783	22	17	39	2.1	43	1	7	18	3	6
16	Balraj Bains	21	8.9	57	2.7	23	33	.697	0	0	.000	11	20	.550	30	26	56	2.7	47	3	1	12	17	4
06	Akeem Pierre	14	7.9	24	1.7	8	29	.276	3	14	.214	5	8	.625	2	9	11	0.8	19	0	8	12	0	6
10	Brett Leversage	9	8.6	8	0.9	4	4	1.000	0	0	.000	0	0	.000	1	7	8	0.9	7	0	11	8	0	5



ScoreMOBILE
iPhone Edition

PREVIEWS

LIVE SCORES

RECAPS

BOX SCORES

FANTASY PLAYER STATS

thescore.com/scoremobile

"Best"

Enterprise Content Management

**2008 InfoWorld
Technology of the Year Awards***

Oracle Universal Content Management

"... an excellent offering."

InfoWorld, November 8, 2007

ORACLE®

oracle.com/goto/ecm
or call 1.800.ORACLE.1

*InfoWorld, January, 2008



Copyright © 2008, Oracle. All rights reserved. Oracle is a registered trademark of Oracle Corporation and/or its affiliates. Other names may be trademarks of their respective owners.

March 13 – 15 mars 2009
Ottawa, Canada



SPORT ÉTUDIANT

Friday, March 13 / Vendredi 13 mars

Quarter-Finals Quarts de finale	Game / Match 1					
	12:30 PM / 12 h 30	Calgary (2)		Concordia (7)		
	Game / Match 2					
	2:30 PM / 14 h 30	UBC (3)		Dalhousie (6)		
	Game / Match 3					
	6:00 PM / 18 h	Western Ontario (4)		Ottawa (5)		theScore
	Game / Match 4					
	8:00 PM / 20 h	Carleton (1)		St. Francis Xavier (8)		theScore Tape Delay 10 pm

Saturday, March 14 / Samedi 14 mars

Consolation Semi-Finals Demi-finales consolation	Game / Match 5					
	12:30 PM / 12 h 30	Loser Game 1 Perdant du Match 1		Loser Game 2 Perdant du Match 2		
	Game / Match 6					
	2:30 PM / 14 h 30	Loser Game 3 Perdant du Match 3		Loser Game 4 Perdant du Match 4		
Semi final 1 Demi-finale 1	Game / Match 7					
	6:00 PM / 18 h	Winner Game 1 Gagnant du Match 1		Winner Game 2 Gagnant du Match 2		theScore
Semi final 2 Demi-finale 2	Game / Match 8					
	8:00 PM / 20 h	Winner Game 3 Gagnant du Match 3		Winner Game 4 Gagnant du Match 4		theScore

Sunday, March 15 / Dimanche 15 mars

Consolation	1:30 PM / 13 h 30	Winner Game 5 Gagnant du Match 5		Winner Game 6 Gagnant du Match 6		
Championship Championnat	4:00 PM / 16 h	Winner Game 7 Gagnant du Match 7		Winner Game 8 Gagnant du Match 8		theScore

More than just a part of the crowd.



A part of making our communities great places to live.

You may not recognize them at first. But they're there. They are the volunteers, busy behind the scenes making things happen – making our communities better places to live. As a proud sponsor, 3M Canada salutes the men and women who give their time generously. They are your neighbours, your friends and your family, and our goal at 3M is to help them build strong, vibrant and healthy communities from coast to coast.

3M Canada

Supporting Volunteers

3M is a trademark of 3M. Used under license in Canada. © 3M 2005 0504-PR-22328





Staff

Head Coach:	Dave De Aveiro
Assistant Coaches:	John Scobie, Carlos Brown, Clarence Porter, Emil O'Neil, Trevor Steynor
Strength Coach:	Allan Horton
Athletic Therapist:	Nicole Leaky, Shelley Derooy
Manager:	Kris Dale



Bottom row, left to right: Josh Wright, Josh Gibson-Bascombe, Bazile Marvin, Donnie Gibson, Dax Dessureault, David Labentowicz, Baletic Nemanja, Warren Ward, Louis Gauthier

Second row: Max Clarkson, Vlad Pislaru, Bojan Dodik, Matt Michaud, Vig Jordan, Jacob Gibson-Bascombe

University of Ottawa Gee Gees

#	Name	POS	Ht	Elig	Home Town	
3	Gibson-Bascombe Josh	G	6'4"	4	Toronto	ON
4	Clarkson Max	G	6'0"	1	Peterborough	ON
5	Wright Josh	G	6'1"	4	Utica	NY
6	Gibson-Bascombe Jacob	G	6'3"	2	Toronto	ON
7	Gibson Donnie	G	6'3"	4	Kingston	ON
8	Labentowicz David	F	6'4"	5	Richmond Hill	ON
9	Dodik Bojan	G	6'1"	2	Ottawa	ON
10	Ward Warren	G	6'5"	1	London	ON
11	Gauthier Louis	F	6'9"	3	Ottawa	ON
12	Baletic Nemanja	F	6'7"	3	Ottawa	ON
14	Michaud Matt	C	6'9"	1	Kirkland	QC
15	Dessureault Dax	C	6'9"	5	Embrun	ON
22	Bazile Marvin	F	6'6"	3	Ottawa	ON
23	Pislaru Vlad	G	6'0"	2	Toronto	ON
	Faysia Ibrahim	G	6'1"	1	Toronto	ON
	Noble Tyler	G	6'3"	1	Langley	BC
	Rwigema Loïc	G	5'9"	1	Kinshasa	Congo
	Vig Jordan	C	6'8"	1	Barrie	ON

Regular Season Individual Statistics

Player	GP	Min	MPG	FG		3P FG		FT		Pts	PPG	Reb			RPG	Ast	PF	To	Stl	Blk
				M/A	%	M/A	%	M/A	%			O	D	Tot						
Nemanja Baletic	21	437	20.8	56/126	44.4	3/12	25.0	9/14	64.3	124	5.9	26	51	77	3.7	24	52	18	12	1
Marvin Bazile	13	130	10.0	12/25	48.0	0/0	0.0	5/18	27.8	29	2.2	7	23	30	2.3	3	21	8	2	2
Max Clarkson	12	94	7.8	10/33	30.3	0/8	0.0	9/11	81.8	29	2.4	5	6	11	0.9	5	9	9	7	0
Dax Dessureault	22	646	29.4	122/244	50.0	0/1	0.0	91/148	61.5	335	15.2	44	104	148	6.7	61	54	52	30	39
Bojan Dodik	13	99	7.6	12/38	31.6	11/25	44.0	0/2	0.0	35	2.7	4	7	11	0.9	8	6	10	1	0
Louis Gauthier	19	155	8.2	20/41	48.8	0/1	0.0	13/26	50.0	53	2.8	13	29	42	2.2	8	23	10	7	3
Donnie Gibson	22	534	24.3	68/158	43.0	37/88	42.1	25/29	86.2	198	9.0	19	34	53	2.4	22	39	26	20	5
Josh Gibson-bascombe	21	662	31.5	127/250	50.8	29/77	37.7	87/97	89.7	370	17.6	35	110	145	6.9	74	44	52	51	14
Jacob Gibson-bascombe	22	452	20.6	35/91	38.5	13/42	31.0	33/38	86.8	116	5.3	9	41	50	2.3	36	33	23	14	5
Faysia Ibrahim	2	15	7.5	0/2	0.0	0/0	0.0	1/2	50.0	1	0.5	1	0	1	0.5	0	0	2	1	0
David Labentowicz	17	279	16.4	35/67	52.2	0/1	0.0	14/18	77.8	84	4.9	29	45	74	4.4	15	40	25	17	3
Matt Michaud	3	9	3.0	2/4	50.0	0/0	0.0	0/2	0.0	4	1.3	1	1	2	0.7	1	2	0	1	0
Baletic Nemanja	1	22	22.0	0/3	0.0	0/1	0.0	4/4	100.0	4	4.0	2	0	2	2.0	1	1	2	0	0
Tyler Noble	1	17	17.0	1/3	33.3	0/1	0.0	0/0	0.0	2	2.0	1	0	1	1.0	1	3	2	1	0
Vlad Pislaru	3	25	8.3	0/3	0.0	0/0	0.0	0/0	0.0	0	0.0	0	2	2	0.7	2	1	0	0	0
Loic Rwigema	2	5	2.5	0/1	0.0	0/1	0.0	0/0	0.0	0	0.0	0	1	1	0.5	0	0	1	0	0
Jordan Vig	1	3	3.0	0/1	0.0	0/1	0.0	0/0	0.0	0	0.0	0	0	0	0.0	0	0	0	0	0
Warren Ward	22	472	21.5	90/203	44.3	17/55	30.9	18/34	52.9	215	9.8	37	53	90	4.1	17	37	33	26	11
Josh Wright	12	308	25.7	76/154	49.4	24/63	38.1	27/36	75.0	203	16.9	9	34	43	3.6	36	32	30	26	3

WARRANTY APPROVED

Oil CHANGERS®

FAST & FRIENDLY



**Keep Your
Engine
Healthy**

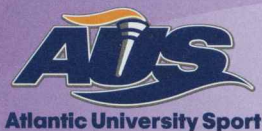
Oil & Filter in 9 Minutes or Less

21 Locations Across Ontario

Barrie	285 Dunlop Street West	(705) 728-1300	Orleans	361 Vantage Drive	(613) 837-3509
Barrie	171 Maplevue Drive West	(705) 719-0044	Ottawa	2050 Montreal Road	(613) 747-8761
Brampton	196 Steeles Avenue East	(905) 459-7087	Ottawa	2471 Bank Street	(613) 733-7341
Etobicoke	240 Dixon Road	(416) 247-7835	Ottawa	1448 Prince of Wales Drive	(613) 228-8087
Kingston	763 Gardiners Road	(613) 384-3741	Ottawa	1457 Woodroffe Avenue	(613) 274-7999
Kingston	2446 Princess Street	(613) 549-5823	Pembroke	1043 Pembroke Street East	(613) 735-2167
Kitchener	1065 Victoria Street North	(519) 584-0287	Scarborough	175 Corinthian Blvd.	(416) 493-4932
Markham	8 Laidlaw Blvd, Unit 5	(905) 472-6112	Scarborough	1303 Kennedy Road North	(416) 757-7817
Milton	5 Main Street East	(905) 878-1947	Scarborough	3790 Kingston Road	(416) 269-2600
Mississauga	777 Dundas Street West	(905) 897-3080	Whitby	1602 Dundas Street East	(905) 721-2585
North York	901 Sheppard Avenue W.	(416) 638-0165			

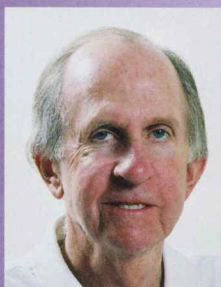
DRIVE THRU → NO APPOINTMENTS

www.oilchangers.ca



St. Francis Xavier X-Men

AUS Silver Medal



Staff	
Head Coach:	Steve Konchalski (34th year)
Associate Coach:	Doc Ryan
Manager:	Pierre LeVert Desveaux
Athletic Therapists:	Tara Sutherland, Katrina Lambert, Sandy MacIntosh (student)
Sports Information:	Krista McKenna

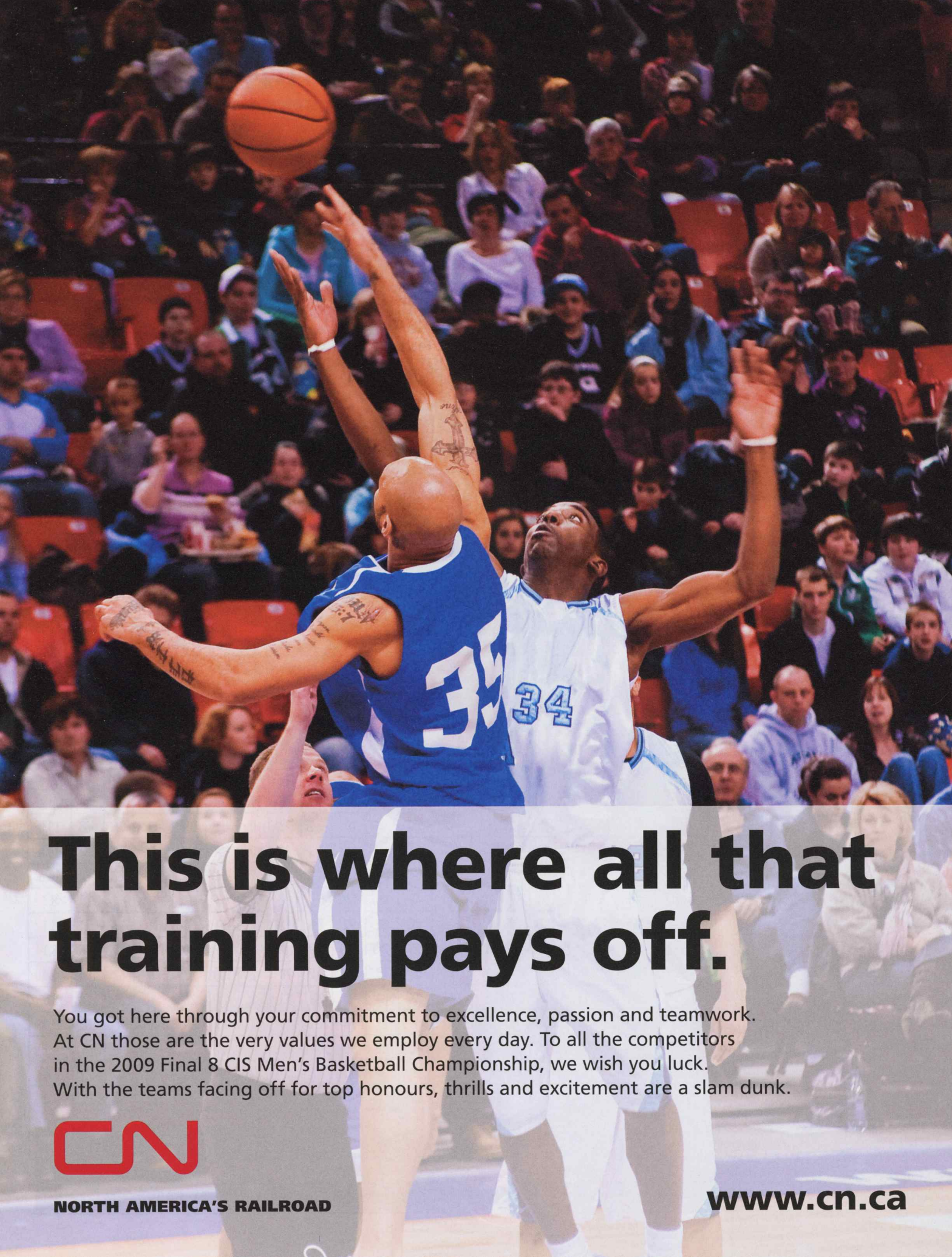


Back (L to R): Steve Konchalski (Head Coach), Denton Anthony (Academic Advisor), Doc Ryan (assistant Coach), Jordan Hope, Jeremy Dunn, Alberto Rodriguez, Terrance Taylor, Sean Nickel, Garry Gallimore (Assistant Coach), Sandy MacIntosh (Student Therapist)
Front (L to R): Blake Poritz, Will Silver, Christian Upshaw, Dwayne Johnson, Tyler Richards, Rhett Thompson, Eamon Morrissey, Will Donkoh

St. Francis Xavier X-Men								
#	Name		Position	Ht	Elig	Course	Hometown	
4	Christian	Upshaw	Pt Guard	5-10	3	BA	Halifax	NS
5	William	Silver	Pt Guard	5-9	3	BA HK	Halifax	NS
7	Rhett	Thompson	Pt Guard	5-11	2	Engin	Antigonish	NS
8	Eamon	Morrissey	Guard	6-2	1	BA	Halifax	NS
9	Dwayne	Johnson	Guard	6-3	4	BA	Ottawa	ON
10	Terrence	Taylor	Forward	6-5	3	BA	Las Vegas	NV
11	Sean	Nickel	Guard	6-5	3	BA	Kitchener	ON
13	Blake	Poritz	Guard	6-2	3	BA	Vancouver	BC
15	Jeremy	Dunn	Forward	6-6	1	BA HK	Wolfville	NS
20	Chad	Warren	Forward	6-5	2	BA	Corner Brook	NL
21	Alberto	Rodriguez	Forward	6-9	3	BBA	Havana, Cuba	
22	William	Donkoh	Guard	6-1	1	Non Deg	Ottawa	ON
23	Tyler	Richards	Guard	6-2	5	BA	Halifax	NS
24	Jordan	Hope	Guard	6-4	1	BA	Calgary	AB

Regular Season Individual Statistics

Player	GP-GS	Min	MPG	FG		3P FG		FT		Reb				PF	FO	A	TO	Blk	Stl	Pts	Avg
				M/A	%	M/A	%	M/A	%	Off	Def	Tot	Avg								
Upshaw	33-25	1028	31.2	230-445	.517	82-169	.485	116-148	.784	34	73	107	3.2	73	0	129	107	11	75	658	19.9
Richards	31-22	1005	32.4	217-471	.461	66-177	.373	83-123	.675	35	117	152	4.9	36	0	121	114	6	76	583	18.8
Taylor	34-23	870	25.6	146-261	.559	7-24	.292	61-95	.642	54	112	166	4.9	84	1	28	55	13	27	360	10.6
Johnson	33-25	774	23.5	103-218	.472	6-40	.150	75-117	.641	49	130	179	5.4	81	3	58	84	6	44	287	8.7
Dunn	26-6	487	18.7	78-171	.456	27-67	.403	28-41	.683	20	52	72	2.8	51	1	17	30	7	23	211	8.1
Rodriguez	34-23	733	21.6	98-197	.497	0-1	.000	79-112	.705	96	103	199	5.9	106	6	24	50	23	30	275	8.1
Silver	33-5	719	21.8	60-125	.480	18-45	.400	46-60	.767	33	72	105	3.2	70	2	109	83	1	62	184	5.6
Warren	34-0	455	13.4	45-118	.381	23-55	.418	15-22	.682	35	62	97	2.9	63	1	24	26	3	21	128	3.8
Nickel	33-0	275	8.3	37-87	.425	24-53	.453	11-17	.647	9	27	36	1.1	29	0	15	10	6	4	109	3.3
Donkoh	28-1	264	9.4	32-78	.410	9-27	.333	13-28	.464	10	29	39	1.4	22	0	20	21	2	8	86	3.1
Morrissey	19-0	97	5.1	13-38	.342	6-15	.400	3-6	.500	3	9	12	0.6	10	0	5	14	0	7	35	1.8
Poritz	18-0	84	4.7	7-21	.333	3-9	.333	7-13	.538	0	7	7	0.4	3	0	3	6	0	4	24	1.3
Jordan	10-0	41	4.1	2-12	.167	0-2	.000	9-10	.900	2	3	5	0.5	9	0	2	7	0	1	13	1.3
Thompson	6-0	22	3.7	0-3	.000	0-0	.000	2-6	.333	0	0										



This is where all that training pays off.

You got here through your commitment to excellence, passion and teamwork. At CN those are the very values we employ every day. To all the competitors in the 2009 Final 8 CIS Men's Basketball Championship, we wish you luck. With the teams facing off for top honours, thrills and excitement are a slam dunk.



NORTH AMERICA'S RAILROAD

www.cn.ca

Le logo VIA Rail est une marque de commerce protégée de VIA Rail Canada Inc.
The VIA logo is a trademark owned by VIA Rail Canada Inc.



Adventures begin onboard.
L'aventure commence à bord.

viarail.ca



A MORE HUMAN WAY TO TRAVEL
LA FAÇON HUMAINE DE VOYAGER





CONVERSE

FINAL 8
CIS MEN'S BASKETBALL CHAMPIONSHIP
8 FINALISTES
CHAMPIONNAT MASCULIN DE BASKETBALL DE SIC
2009 PRESENTED BY / PRÉSENTE PAR LE
milk LIFT

March 14 – 16 mars 2008
Ottawa, Canada

Championship Host Sponsors

Presenting Sponsor:



Media Sponsors:



Premiere Partners:



Supporting Partners:



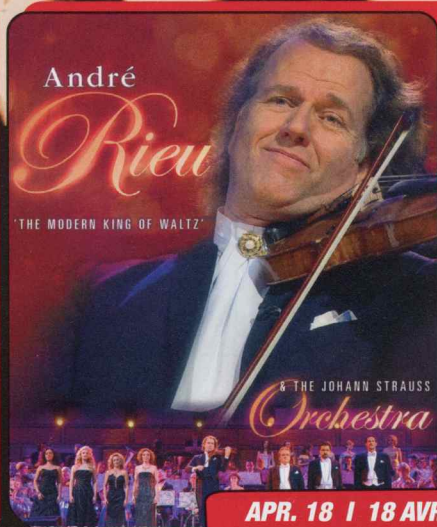
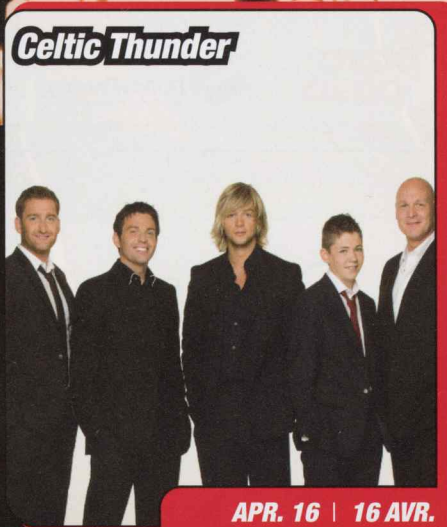
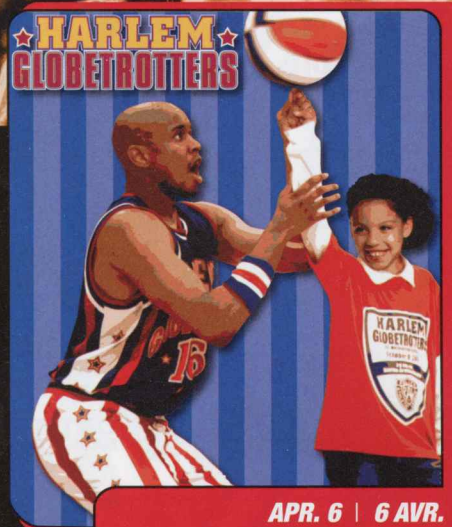
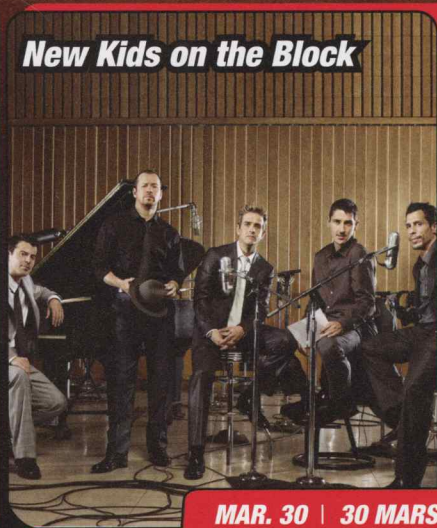
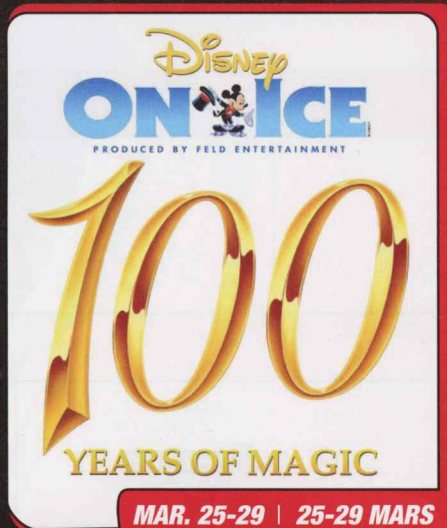
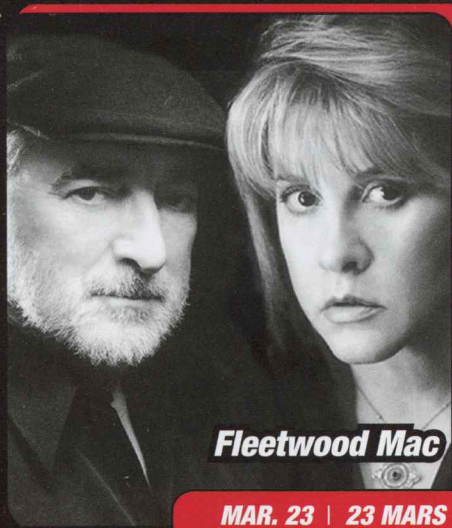
Local Partners:



CIS Championship Sponsors



Go far



Great suites available for all shows
for more information call 613-599-0137
or e-mail suiteinfo@scotiabankplace.com

D'excellentes loges sont disponibles pour tous les spectacles.
pour plus de renseignements, composez le 613-599-0137
ou par courriel : suiteinfo@scotiabankplace.com

FOR ARENA BOWL TICKETS:

POUR DES BILLETS DANS L'ENCEINTE
DE L'AMPHITHÉÂTRE :

BUY ONLINE AT • ACHETEZ EN LIGNE

 **CAPITALTICKETS.CA** ^{®/MD}

CIS MAJOR AWARD WINNERS / RÉCIPiENDAIRES DE PRIX MAJEURS DE SIC

CIS champions (W.P. McGee Trophy) / Champions de SIC (Trophée W.P. McGee)

The W.P. McGee Trophy was donated in 1963 by the University of Windsor Alumni Association in recognition of the outstanding contribution in education and athletics made by W.P. McGee, who served as teacher and coach at Assumption College throughout the 1920s and 1930s.

Le trophée W.P. McGee fut offert en 1963 par l'Association des diplômés de l'Université Windsor en reconnaissance de l'importante contribution du professeur W.P. McGee en éducation et dans le sport au Collège Assumption, dans les années 1920 et 1930.

Year / Année	Champions	Host / Hôte
2007-08	Brock	OUA (Scotiabank Place)
2006-07	Carleton	AUS (Metro Centre)
2005-06	Carleton	AUS (Metro Centre)
2004-05	Carleton	AUS (Metro Centre)
2003-04	Carleton	AUS (Metro Centre)
2002-03	Carleton	AUS (Metro Centre)
2001-02	Alberta	AUS (Metro Centre)
2000-01	StFX	AUS (Metro Centre)
1999-00	StFX	AUS (Metro Centre)
1998-99	Saint Mary's	AUS (Metro Centre)
1997-98	Bishop's	AUS (Metro Centre)
1996-97	Victoria	AUS (Metro Centre)
1995-96	Brandon	AUS (Metro Centre)

Year / Année	Champions	Host / Hôte
1994-95	Alberta	AUS (Metro Centre)
1993-94	Alberta	AUS (Metro Centre)
1992-93	StFX	AUS (Metro Centre)
1991-92	Brock	AUS (Metro Centre)
1990-91	Western	AUS (Metro Centre)
1989-90	Concordia	AUS (Metro Centre)
1988-89	Brandon	AUS (Metro Centre)
1987-88	Brandon	AUS (Metro Centre)
1986-87	Brandon	Dalhousie
1985-86	Victoria	Dalhousie
1984-85	Victoria	Dalhousie
1983-84	Victoria	Dalhousie
1982-83	Victoria	Waterloo

Year / Année	Champions	Host / Hôte
1981-82	Victoria	Victoria
1980-81	Victoria	Waterloo
1979-80	Victoria	Calgary
1978-79	Saint Mary's	Calgary
1977-78	Saint Mary's	Saint Mary's
1976-77	Acadia	Saint Mary's
1975-76	Manitoba	Saint Mary's
1974-75	Waterloo	Waterloo
1973-74	Guelph	Waterloo
1972-73	Saint Mary's	Waterloo
1971-72	UBC	UBC
1970-71	Acadia	Acadia
1969-70	UBC	McMaster
1968-69	Windsor	Waterloo
1967-68	Waterloo/ Lutheran*	StFX
1966-67	Windsor	Calgary
1965-66	Windsor	Calgary
1964-65	Acadia	Saint Mary's
1963-64	Windsor	Windsor
1962-63	Assumption	Windsor

*Now called / aujourd'hui: Wilfrid Laurier

CIS championship MVP (Jack Donohue Trophy) / Joueur par excellence du championnat de SIC (Trophée Jack Donohue)

The Jack Donohue Trophy is presented to the Most Valuable Player of the CIS championship. The selection is made by members of the CIS Men's Basketball Coaches Association.

Le trophée Jack Donohue est décerné au joueur le plus utile du championnat de SIC. La sélection est effectuée par des membres de l'Association des entraîneurs de basketball masculin de SIC.

2007-08	Owen White	Brock
2006-07	Aaron Doornekamp	Carleton
2005-06	Osvaldo Jeanty	Carleton
2004-05	Mike Smart	Carleton
2003-04	Mike Smart	Carleton
2002-03	Osvaldo Jeanty	Carleton
2001-02	Stephen Parker	Alberta
2000-01	Not awarded / Non attribué	
1999-00	Randy Nohr	StFX
1998-99	Cory Janes	Saint Mary's
1997-98	Stewart Clark	Bishop's
1996-97	Eric Hinrichsen	Victoria
1995-96	Keith Vassell	Brandon

1994-95	Greg Devries	Alberta
1993-94	Murray Cunningham	Alberta
1992-93	Richard Bella	StFX
1991-92	Gord Wood	Brock
1990-91	John Stiefelmeyer	Western
1989-90	Nick Arvinitis	Concordia
1988-89	Joey Vickery	Brandon
1987-88	Whitney Dabney	Brandon
1986-87	John Carson	Brandon
1985-86	Cord Clemens	Victoria
1984-85	Phil Ohl	Victoria
1983-84	Greg Wiltjer	Victoria
1982-83	Eli Pasquale	Victoria

1981-82	Kelly Dukeshire	Victoria
1980-81	Eli Pasquale	Victoria
1979-80	Reni Dolcetti	Victoria
1978-79	Mickey Fox	Saint Mary's
1977-78	Ron McFarland	Saint Mary's
1976-77	Ed Shannon	Acadia
1975-76	Martin Riley	Manitoba
1974-75	Art White	Waterloo
1973-74	Bob Sharpe	Guelph
1972-73	Mickey Fox	Saint Mary's
1971-72	Not available / Non disponible	
1970-71	Rick Eaton	Acadia
1969-70	Ron Thorsen	UBC
1968-69	Chris Wydrzynski	Windsor
1967-68	Not available / Non disponible	
1966-67	Not available / Non disponible	
1965-66	Not available / Non disponible	
1964-65	Steve Konchalski	Acadia
1963-64	Warren Sutton	Sir George Williams
1962-63	Richie Spears	Acadia

15 more reasons to replace your roof this spring.

Roof replacement by the Olsen team is eligible for the 15% Home Renovation Tax Credit.

» **We're GST-registered**

We can provide the paperwork you need to claim the HRTC

» **Protect yourself against liability**

We're fully insured and covered by WSIB when we're on your property*

» **Reliable, guaranteed after-sales service**

*You are liable if your contractor is not covered. Get it in writing!



613.839.0006
www.olsen.ca

Free upgrade to 40-year shingles if you book before April 15, 2009!

CertainTeed

Player of the year (Mike Moser Memorial Trophy) / Joueur de l'année (Trophée commémoratif Mike Moser)

The Mike Moser Memorial Trophy is dedicated in honour of the late University of Waterloo basketball player. The selection is made by the CIS Men's Basketball Coaches Association.

Le trophée commémoratif Mike Moser est dédié à la mémoire de l'ancien joueur de basketball de l'Université de Waterloo. La sélection est effectuée par l'Association des entraîneurs de basketball masculin de SIC.

2007-08	Aaron Doornekamp	Carleton
2006-07	Osvaldo Jeanty	Carleton
2005-06	Osvaldo Jeanty	Carleton
2004-05	Kevin Stienstra	Brock
2003-04	Pasha Bains	Simon Fraser
2002-03	Kyle Russell	UBC
2001-02	Andrew Kwiatkowski	Western
2000-01	Steve Maga	McMaster
1999-00	Danny Balderson	Lethbridge
1998-99	Eric Hinrichsen	Victoria
1997-98	Titus Channer	McMaster
1996-97	Eric Hinrichsen	Victoria
1995-96	Richard Bohne	Calgary
1994-95	Keith Vassell	Brandon
1993-94	Jeff Foreman	Winnipeg
1992-93	William Njoku	Saint Mary's
1991-92	J.D. Jackson	UBC
1990-91	J.D. Jackson	UBC

1989-90	John Stiefelmeyer	Western
1988-89	Patrick Jebbison	Brandon
1987-88	Patrick Jebbison	Brandon
1986-87	Chris Biegler	Regina
1985-86	John Carson	Brandon
1984-85	Peter Savich	Waterloo
1983-84	Eli Pasquale	Victoria
1982-83	Karl Tilleman	Calgary
1981-82	Karl Tilleman	Calgary
1980-81	David Coulthard	York
1979-80	Mike Hazard	Acadia
1978-79	David Coulthard	York
1977-78	Charlie Wise	Laurentian
1976-77	Martin Riley	Manitoba
1975-76	Jamie Russell	Waterloo
1974-75	Mike Moser *	Waterloo

* Awarded posthumously / Octroyé à titre posthume

Defensive player of the year / Joueur défensif de l'année

2007-08	Yul Michel	Brandon
2006-07	Martin Ajayi	McMaster
2005-06	Garry Gallimore	StFX
2004-05	Garry Gallimore	StFX

Editor: David Kent
Design and layout: ALDI Design
Printed by: Dollco Printing

 **ALDI Design**

 **Dollco Printing**
A Dollco Communications Inc. Company



Mixed Sources
Product group from well-managed forests, controlled sources and recycled wood or fiber
www.fsc.org Cert no. SW-COC-001506
© 1996 Forest Stewardship Council





UNE CARRIÈRE
HORS DE
L'ORDINAIRE.

A CAREER
NOWHERE NEAR
ORDINARY.



DEVENEZ MEMBRE DE LA GRC / JOIN THE RCMP

www.grc.ca / www.rcmp.ca



Les cadets reçoivent une allocation de 500\$/semaine pendant la formation
Cadets now receive a \$500/week allowance while in training



Exposés sur les
carrières

**Le mardi 17 mars
18 h**
(Session anglaise)

**Le jeudi 19 mars
18 h**
(Session française)

Career
presentations

**Tuesday, March 17
6 pm**
(English session)

**Thursday, March 19
6 pm**
(French session)

Édifice Léomont
155, avenue
McArthur
Ottawa (ON)

Leomont Building
155 McArthur
Avenue
Ottawa, ON

Inscription/registration: 1-877-RCMP-GRC



Rookie of the year (Dr. Peter Mullins Trophy) / Recrue de l'année (Trophée Dr Peter Mullins)

The Dr. Peter Mullins Trophy is presented to a first-year player who has exhibited exemplary skill and leadership. The selection is made by the CIS Men's Basketball Coaches Association.

Le trophée Dr Peter Mullins est présenté à un joueur de première année ayant démontré un leadership et un talent exceptionnels. La sélection est effectuée par l'Association des entraîneurs de basketball masculin de SIC.

2007-08	Kale Harrison	Laurier
2006-07	J.-F. Beaulieu-Maheux	Laval
2005-06	Jacob Doerksen	Victoria
2004-05	Tut Ruach	York
2003-04	Andrew Spagrud	Saskatchewan
2002-03	Dan Eves	York
2001-02	Chris Keith	Laurier
2000-01	Charles Fortier	Laval
1999-00	James Kenyon	Saskatchewan
1998-99	Robbie Green	Victoria

1997-98	Dean Labayen	York
1996-97	Aaron Olson	Victoria
1995-96	Patrice Lemieux	Bishop's
1994-95	Eric Hinrichsen	Victoria
1993-94	Danny Balderson	Lethbridge
1992-93	Shawn Plancke	Dalhousie
1991-92	Keith Vassel	Brandon
1990-91	Sean Van Koughnett	Waterloo
1989-90	Eric Bridgeland	Manitoba
1988-89	Tim Mau	Guelph
1987-88	Rick Stanley	Alberta

Coach of the Year (Stuart W. Aberdeen Memorial Trophy) / Entraîneur de l'année (Trophée commémoratif Stuart W. Aberdeen)

The Stuart W. Aberdeen Memorial Trophy is dedicated in memory of the former Acadia University head coach. The selection is made by the CIS Men's Basketball Coaches Association.

Le Trophée commémoratif Stuart W. Aberdeen est dédié à la mémoire de l'ancien entraîneur de l'Université Acadia. La sélection est effectuée par l'Association des entraîneurs de basketball masculin de SIC.

2006-07	Mike Katz	Toronto
2006-07	Barnaby Craddock	Brandon
2005-06	Kevin Hanson	UBC
2004-05	Dave Smart	Carleton
2003-04	Craig Norman	RMC / CMR
2002-03	Dave Smart	Carleton
2001-02	Don Horwood	Alberta
2000-01	Steve Konchalski	StFX
1999-00	Dave Crook	
1998-99	Craig Boydell	Western
1997-98	Eddie Pomykala	Bishop's
1996-97	Peter Campbell	Laurentian
1995-96	Bruce Enns	UBC
1994-95	Ken Olynik	Toronto
1993-94	Don Horwood	Alberta
1992-93	Bill Wedlake	Winnipeg
1991-92	Ken Murray	Brock
1990-91	John Dore *	Concordia
	Bruce Enns *	UBC
1989-90	Bruce Enns	UBC

1988-89	Ken Murray	Regina
1987-88	Dave Nutbrown	Acadia
1986-87	Don Horwood	Alberta
1985-86	Rick Suffield	Manitoba
1984-85	Don McCrae	Waterloo
1983-84	Bob Bain	York
1982-83	Ken Shields	Victoria
1981-82	Ken Shields	Victoria
1980-81	Ian MacMillan	Acadia
1979-80	Jerry Hemmings	Brandon
1978-79	Ken Shields	Victoria
1977-78	Bruce Enns *	Winnipeg
	Bob Bain *	York
1976-77	Butch Staples	McGill
1975-76	Ken Shields	Laurentian
1974-75	Don Hunter	Manitoba
1973-74	Don Hunter	Manitoba
1972-73	Brian Heaney	Saint Mary's

* co-recipients / co-récipiendaires

Outstanding student-athlete (Ken Shields Award) / Étudiant athlète exceptionnel (Prix Ken Shields)

The Ken Shields Award is presented to a student-athlete who exhibits outstanding achievement in three areas: basketball, academics and community involvement. Ken Shields is one of the most successful coaches in the history of Canadian university basketball, having led the University of Victoria to a record seven consecutive CIS titles. He was selected CIS coach of the year four times, and succeeded Jack Donohue as head coach of Canada's men's national team. The selection is made by the CIS Men's Basketball Coaches Association.

Le Prix Ken Shields est remis à un étudiant athlète qui se distingue dans trois domaines: le basketball, les études et l'implication communautaire. Ken Shields est un des entraîneurs ayant connu le plus de succès au basketball universitaire canadien. Il a mené l'Université de Victoria à un record de sept championnats consécutifs de SIC. Il a été choisi entraîneur de l'année de SIC à quatre reprises, et a succédé à Jack Donohue comme entraîneur-chef de l'équipe nationale masculine de basketball du Canada. La sélection est effectuée par l'Association des entraîneurs de basketball masculin de SIC.

2007-08	Matthew Opalko	Winnipeg
2006-07	Justin Halleran	Memorial
2005-06	Jordan Sheriko	Acadia
2004-05	Alexander Stephen	StFX
2003-04	Kevin Petterson	Alberta
2002-03	Dan Zapior	Lakehead
2001-02	Jim Grozelle	Western
2000-01	Chris Peskun	York
1999-00	Steve Maga	McMaster
1998-99	Mano Watsa	Waterloo
1997-98	Johnathan Dingle	Western
1996-97	Shawn Plancke	Dalhousie
1995-96	Tony Weis	Laurier
1994-95	Brad Hann	Laurentian
1993-94	Christian Baldauf	Guelph



**ONTARIO
BASKETBALL**

**2009 Ontario Cup
Provincial Championship Dates**
 U15 Midget Girls May 1-3
 U16 Major Midget Girls May 1-3
 U17 Juvenile Girls May 8-10
 U19 Junior Girls May 8-10
 U15 Midget Boys May 22-24
 U16 Major Midget Boys May 22-24
 U17 Juvenile Boys May 29-31
 U19 Junior Boys May 29-31

WELCOME TO ONTARIO BASKETBALL'S FAIR PLAY IDEALS...

ENJOY THE SPORT AND THE COMPETITION.

CHEER AS MUCH AS YOU WANT.

**VERBAL OR PHYSICAL ABUSE OF FELLOW PLAYERS, SPECTATORS,
COACHES OR OFFICIALS WILL NOT BE TOLERATED!**

WE ARE ALL HERE TO HAVE FUN AND ENJOY OURSELVES.

PLEASE DO NOT TAKE THE FUN OUT OF SPORTS FOR OTHERS.

SPECIAL ANNOUNCEMENT!

The 2009 OUA Women's All-Star Game will happen on the same weekend as the U17 Juvenile and U19 Junior Girl's Ontario Cup Provincial Championships. The game will take place on May 9th at 7:00 p.m. at Rim Park in Waterloo.



Contact us for more information...

Ontario Basketball

(P) 416-426-7200 (F) 416-426-7360 (E) info@basketball.on.ca

www.basketball.on.ca

Part of the community.



Your local Tim Hortons is proud to be a part of this great community. We hope you think of us as your friends just down the road.



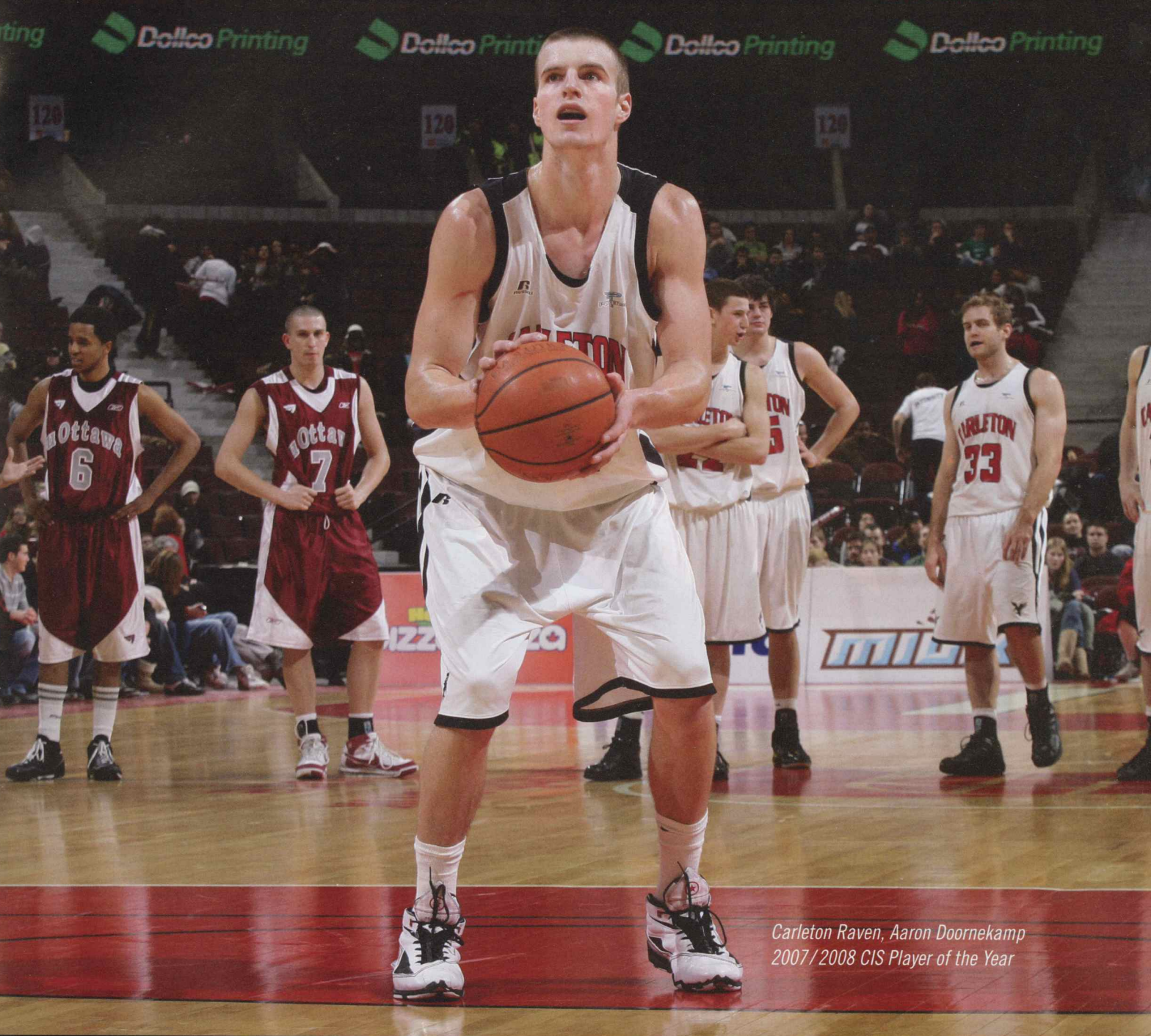
Tim Hortons

Together With You, Making Good Things Happen.

"Leaders aren't born, they are made.

And they are made, just like anything else, through hard work."

Vince Lombardi



*Carleton Raven, Aaron Doornekamp
2007/2008 CIS Player of the Year*

Dollco Printing works hard to be an industry leader with innovative technologies and full-service print solutions. We can guide you on environmental best practices for eco-friendly papers and inks. Our dedicated and skilled staff work as a "team" to help you achieve your goals and we continue to make your printed product better.

For information, contact Patrick Stoqua at 613-738-9181 ext. 3321
or email pats@dollco.com

Dollco is also a proud sponsor of Canadian amateur sport.

 **Dollco Printing**

www.dollco.com

RECHARGE WITH **MILK**

TWO GLASSES OF
CHOCOLATE MILK AFTER
EXERCISE HELPS TO
**REFUEL
YOUR MUSCLES.**

MADE UP OF 87% WATER,
CHOCOLATE MILK HELPS
**REPLACE FLUIDS
AND MAXIMIZE
PERFORMANCE.**

CHOCOLATE MILK HELPS
**BUILD AND REPAIR
MUSCLES.**

**DRINKING MILK
AND BEING ACTIVE
MAY ENCOURAGE FAT LOSS.**

**MILK REPLENISHES
ELECTROLYTES
LOST DURING EXERCISE.**